

# Monkfish Wrapped in Prosciutto with Peas



**Serves 2    Prep 10 mins**

**Cooking 15 mins**

**Easy**

## Ingredients

### For the fish

2 monkfish tail fillet portions, ± 180g each  
4 large slices of Parma ham or prosciutto  
1 tbsp vegetable or corn oil, for drizzling

### For the peas

100ml fish stock  
100g frozen silver skin onions (15-20 onions depending on size)  
1 tsp cornflour mixed with a little water  
75g podded peas  
25g unsalted butter

1. Preheat the oven to 200C/180C fan/gas mark 6.
2. Season the monkfish portions then wrap each one in the Parma ham. Add 1 tbsp vegetable oil to an oven proof pan and fry the monkfish for 2-3 minutes over a high heat, turning carefully to crisp up the ham. Drizzle with the remaining oil and transfer to the oven.
3. Cook for 10-15 minutes, depending on the thickness of each portion, or until a metal skewer inserted into the thickest part of the fish comes out hot to the touch. Remove from the oven.
4. Meanwhile, put the fish stock in a pan with the onions and simmer gently for 5 minutes. Add enough of the cornflour mix to thicken the stock. Simmer for 1 minute then add the peas and simmer for 1 minute more. The sauce should be quite thick and just coating the peas. If not, add a little more of the cornflour mix. Stir in the butter and season to taste.
5. To serve, spoon the peas onto warmed serving plates, along with some of the sauce. Slice each monkfish fillet into 2 or 3 pieces and arrange on top of the peas, spooning a little more of the sauce onto the fish. Finish with a drizzle of olive oil.